



WHATSheATE



Baked Macaroni and Cheese

READY IN



90 min.

SERVINGS



10

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups processed cheese food white grated
- ☐ 1 sleeve butter crackers crushed (such as Ritz) (35 crackers)
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 pound elbow macaroni
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups havarti cheese grated
- ☐ 1 teaspoon hot sauce
- ☐ 10 servings kosher salt
- ☐ 2 teaspoons ground mustard

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 cups sharp cheddar cheese yellow grated
- ☐ 1 stick butter unsalted melted for brushing
- ☐ 1 quart milk whole
- ☐ 1 teaspoon worcestershire sauce

Equipment

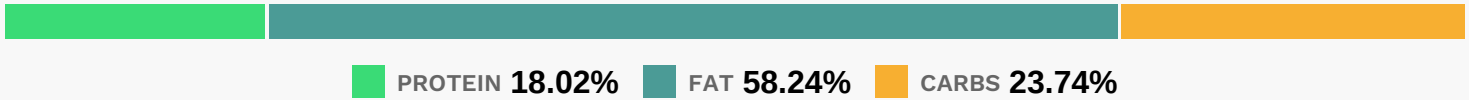
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 375 degrees F. Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook until just slightly softened, about 6 minutes. Reserve 1/2 cup cooking water, then drain the pasta and rinse under cold water.
- ☐ Meanwhile, melt 4 tablespoons butter in a large saucepan over medium heat.
- ☐ Whisk in the flour, mustard powder, Worcestershire sauce, hot sauce and cayenne and cook, whisking, until the mixture is smooth and slightly golden, about 2 minutes.
- ☐ Whisk in the milk and cook, whisking occasionally, until the sauce begins to boil and thicken, about 5 minutes. Stir in the havarti and all but 1 cup each of the cheddar and American cheese; cook, stirring, until the cheese just melts, about 1 more minute. Stir in the pasta, adding the reserved pasta water as needed to make a creamy sauce. Season with salt.
- ☐ Brush a 9-by-13-inch baking dish with melted butter.
- ☐ Spread the pasta mixture in the dish. Melt the remaining 4 tablespoons butter in a bowl in the microwave; stir in the crushed crackers and parmesan.

- ☐
- Sprinkle the reserved cheddar and American cheese evenly over the pasta, then scatter the cracker mixture on top. Cover with aluminum foil and bake until heated through, about 25 minutes.
- ☐
- Remove the foil; continue baking until browned and bubbly, about 20 more minutes.
- ☐
- Let rest 10 minutes before serving.
- ☐
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:19.9, Glycemic Load:4.13, Inflammation Score:-8, Nutrition Score:23.155652375325%

Nutrients (% of daily need)

Calories: 743.21kcal (37.16%), Fat: 48.19g (74.14%), Saturated Fat: 28.05g (175.3%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 42.58g (15.48%), Sugar: 7g (7.78%), Cholesterol: 143.61mg (47.87%), Sodium: 1440.42mg (62.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.55g (67.1%), Calcium: 1035.99mg (103.6%), Selenium: 56.04µg (80.05%), Phosphorus: 794.44mg (79.44%), Vitamin B12: 1.96µg (32.75%), Vitamin B2: 0.56mg (32.71%), Zinc: 4.74mg (31.61%), Vitamin A: 1495.42IU (29.91%), Manganese: 0.49mg (24.53%), Magnesium: 67.58mg (16.89%), Vitamin D: 1.8µg (11.99%), Potassium: 366.14mg (10.46%), Folate: 41.68µg (10.42%), Vitamin B1: 0.16mg (10.34%), Vitamin B5: 1.02mg (10.15%), Vitamin B6: 0.2mg (10.12%), Copper: 0.2mg (9.85%), Vitamin E: 1.24mg (8.28%), Iron: 1.2mg (6.69%), Fiber: 1.61g (6.43%), Vitamin B3: 1.18mg (5.91%), Vitamin K: 3.55µg (3.38%)